

VERMONT'S ANNIVERSARY

One Hundred and Twenty-Five Years of Life in Federation of States to be Celebrated.

To the People of the State of Vermont: One hundred twenty-five years ago Vermont was admitted into the Union and became and remains an active and forceful part of our great country. On the battlefield, in the halls of Congress, in the field of invention, in all branches of science, in agricultural pursuits and in religious and civic advancement, Vermont's century and a quarter has been productive of wonderful and wide-spread results. Her people of to-day are possessed of a prodigious and significant heritage and a precession of advantages and environment of which we may be justly proud and thankful. She is rich in soil, wealthy in minerals and possessed of strong men and women.

It is fitting and right that we celebrate the birth of our great State; that we commemorate the gallant deeds of our noble men and women; and that we unite in a resolve to remain true to the trust which is ours in order that the future of the State may be assured of a high and honorable place among our sister States and in order that the fourteenth star may remain bright and untarnished on the flag.

I therefore recommend that all our people co-operate in a general undertaking to make this one hundred twenty-fifth anniversary a notable and memorable one in the history of the State. May we not only enter heartily into the celebration of our birth year but may we prepare for a great future for our commonwealth.

Let our deeds be a monument to this anniversary.

We can encourage and foster the development of our civic pride and municipal consciousness.

We can cooperate with our boards of trade and commercial clubs that industrial activities increase and that commercial growth become accelerated.

We can promote and elevate our churches and schools that the purity of character and nobleness of patriotism in our boys and girls may be assured.

We can improve our agricultural opportunities and make home life on our farms more attractive and profitable.

We can unite in all the activities that develop and round out a clean-cut citizenship and an unquestioned patriotism, and we can transcend all little jealousies and class prejudices in our earnest endeavors to develop and realize the Greater Vermont.

During the year there will be held under the auspices of the Greater Vermont Association and other Civic and Industrial Societies several meetings with especially prepared and appropriate programs. These meetings deserve your hearty support and cooperation. Let them indicate a strong movement forward and a wholesome support of true Americanism.

It is expected that there will be a general home-coming and that Vermonters from other states will visit their native soil. Let us extend them a welcome hand—a welcome home—and let us make the stranger—the summer visitor—feel the warmth of good Vermont hospitality. Let each one of us take some active part in making this year count for Vermont.

Montpelier, Vermont, June 15, 1916.
CHARLES W. GATES,
Governor.

AVOID FATIGUE

Fatigue of mind and fatigue of body are the two great causes of the house-keeper's unhappiness, and you cannot say that mind or body is sound if the energy has departed.

Now, it does not go all at once, and it is your own fault if you do not lay a detaining hand upon it long before the final exit.

First we must realize that you are a machine which must be well oiled if it is to run smoothly. Of course a machine will go on running if you don't oil it—experiment, if you dare, on your sewing machine—but what happens? Instead of running smoothly and silently, it makes a grating, jarring noise, and then—it stops altogether.

The woman who goes on without oil does exactly the same. And it is her own fault, protest she ever so loudly.

The oil, you will understand, is anything which makes the wheels go easily, and the woman who doesn't avail herself of such is guilty of false economy. Every day a little oil is needed, and two kinds are necessary, for two sorts of machinery are in use—the structure of the body and the mechanism of the mind. The oil for the first is rest; for the second, recreation.

Then order is the first means to this end.

The woman who maps out her day gets everything done in time and has a little over.

Efficiency is the next-efficient workers and efficient tools. Don't keep a little maid about you who "makes more work than she does." And if you are not up to the mark yourself make haste and become so. There are always free cookery lectures to be had, and friends are usually ready to give tips, while the papers—they are just bursting with household wisdom.

Last, but not least, save every penny toward buying labor saving appliances. A carpet sweeper, knife cleaner and sewing machine will cover their cost in a few months, while rugs instead of carpets will save hours of work. Linoleum on the kitchen floor—no need to sing its praises.

And so on, and so on—convenience makes labor light and is a real saving.

Thus, working by order, efficiency and time, there is no worry, for everything goes smoothly; there are no miseries, for everybody has recreation, and there are no breakdowns, for the worker is fit for her work.

A HAT FROM LONDON.

Watteau Effect as Worn by the English Lassies.

Tuscan straw in natural tones and tilting picturesquely is trimmed with



HER PORTRAIT.

saxe blue ribbon velvet and pink tulle roses, streamers falling below the waist line. The effect is charmingly like a Gainsborough portrait.

For Rainy Days.

Children love to engage in the game of "playing school." They will cut out boys and girls for pupils and a few men and women for teachers. With crayons and paints they will color these nicely and fasten them to empty spoons with flat sticks so that they will stand upright. The picture is first pasted to the stick, and the stick is wedged into the hole in the center of the spoon. In this way the figures will stand or sit on the spoon. Then the teacher figures are supposed to march the children around and to teach them. A single game of this kind will occupy all the children's spare time for a week.

The Grinder.

When baking oatmeal cookies calling for raw rolled oats, either with or without nuts or raisins, if the rolled oats are run through a meat grinder (using the nut plate) the flavor of the cookies is greatly improved and they bake evenly. When using raisins and nuts mix with oats and then grind all together and put with your other ingredients.

To Clean Jewelry.

Gold rings, brooches and other articles of jewelry that are set with precious stones can be cleaned with warm water, white soap and a very little ammonia. Use a soft old toothbrush to get in between the setting and the stone. For rings set with turquoises and pearls the water cleansing should be avoided, but for the hard, transparent gems it is allowed. Polish the rings and pins with a soft chamois and they will be wonderfully bright and sparkling.

Rye Bread With Caraway Seed.

For one loaf made in the morning soften one cake of yeast in one-fourth cupful of lukewarm water. Mix thoroughly, then add a cupful lukewarm water, one-half teaspoonful salt, a tablespoonful caraway seeds, one and a half cupful white flour and enough sifted rye flour to make a dough that may be kneaded. Use white flour in kneading. Wash out the bowl, cover close and when double its bulk turn upside down on the board and roll under the hands to fit a French bread pan. Cover and when again light slash it three or four times across the top and bake the loaf about fifty minutes.

Making Beds.

To make up a bed so that it will be smooth, tuck the clothes in, one piece at a time, at the sides, and complete the work all but tucking the clothes

FOR BENNINGTON COUNTY

DEVELOPMENT AND BETTERMENT

This Department is Edited by Secretary Willard W. Bartlett of the County Improvement Association.



WINNING SCHOOL MAKES GREAT RECORD FOR IMPROVEMENTS

Over \$185 Raised and Expended. School on Main Road Attracts Much Attention from Tourists.

The North District School in Arlington, taught by Miss Dorothy Houghton, won first honor in the School Improvement Contest recently closed, making improvements to the amount of \$185, which is a large sum for one school to raise. At Thanksgiving time a play was given by the pupils, from which \$82.50 was secured and later a card party and dance was held which added about \$20 to the school treasury. On April 15th a Neighborhood Bee was held at the school house, of which we have the following account:

"Saturday, April 15th, was the date of a delightful and profitable day for the people of the North district in Arlington. Following up their interest shown in the North district school by their Thanksgiving play of last November, they gathered on Saturday for a neighborhood bee at the school house. Men with crow-bars and pick-axes and shovels, horses plowing and drawing stone-boats, women in aprons, and children running about, enchanted by the cheerful bustle and the lively atmosphere of good-fellowship, even the superintendent of schools in overalls and paint brush in hand—the scene was as picturesque as could be imagined.

"The first furrow turned by the plow revealed such quantities of cobble stones that any but North district people would have given up. But all hands, even to the red-headed three-year-old and white haired grandmother turned in and 'picked stone' till the rattle of the round heads on the stone-boat was like hail. In the meantime the interior of the school house had been transformed by paint and elbow grease into sunny cream-color and clear green and the new play porch was being fitted with a trapeze, swinging rings, etc.

"At noon everybody sat down to a delicious dinner, spread under the shelter of the new play porch and although prodigious quantities of savory food had been prepared, appetites sharpened by out-door work and good companionship, soon emptied the plates. After dinner the work went on at even a livelier rate, because the force of workers had been reinforced

in at the foot. Now draw the clothes down, one piece at a time, as taut as possible and tuck them in at the foot. The bed will be far nicer looking than would be otherwise possible. If the bed is of iron or brass, which does not permit of tucking in the coverlet, tuck in the other clothes as directed, placing the coverlet over all.

Silk Fiber Sweaters.

Some call them sport coats, and for summer they are just the thing. They come in Copenhagen blue, green, salmon, rose, rose striped with white and purple with white. At \$3.95 they have a half sash which is only in the back, and at \$4.98 they have a full sash that ties in front.

Game of Steps.

Any number of persons can play the game named steps. One player is selected who gives the number of steps to be taken. The remaining players are to walk and stop at the number of steps given by the leader. The leader turns his back and begins to count. When he has reached the selected number he turns suddenly around and faces the players. Meanwhile the players have run forward, but when the leader reaches the selected number they stop. If the leader catches any one moving that player becomes the leader, and the game proceeds.

What He Got.

"What're ye comin' home with you milk pail empty for?" demanded the farmer. "Didn't the old cow give any thing?" "Yep," replied the chore boy, "nine quarts and one kick!"—Exchange.

by a good many people who could not come in the morning. Two imposing stone walls were constructed of the stones picked from the school yard; a bed of lilies was planted under the school house windows; a long row of old fashioned damask roses were set out in front as a hedge; two big clumps of lilacs were set out; five Lombardy poplar trees were appropriately placed; brush was cut, etc., all to an accompaniment of incessant stone picking. By the time the sun went down behind the mountains, a big group of weary but proud North district people rubbed their aching backs and looked with satisfaction at the transformation that had been made. The big, pioneer part of making over a bare, dreary little school house into a thing of beauty had been done. From now on everything added will show and in a year's time, when the trees and shrubs planted have had time to establish themselves, the North district school-house and yard will be one of the prettiest spots in that part of town. About 35 people attended the bee and that meant 35 workers, for nobody who came failed to put in a good day's work."

The school house is about two miles north of Arlington, on the main road just beyond the fork. It is the intention of the Bennington County Improvement Association to put up a sign there saying that this school won the first honor in the Improvement Contest.

Since this neighborhood bee, improvements have been made and new equipment bought. The play porch has been fitted with canvas curtains so that the children can play out of doors on rainy days; the windows have been moved to the front of the building to avoid cross lights; new blackboards have been purchased and placed low to accommodate the little ones, and adjustable window shades bought. A microscope was donated by Burr and Burton Seminary and a Victrola purchased, with records for dancing, singing and exercises.

All these improvements have not been purchased with money raised by the school, as a great many of them have been donated by the people of the district. In summing up her report, the teacher says, "We never could have accomplished so much if we hadn't had such nice people to work with, people that were interested and so unselfish."

HOW CONGRESS SPENDS MONEY

Chautauqua Speaker to Tell of Pork Barrel Legislation in National House. To Make Keynote Speech, Lee Francis Lybarger, Member of Philadelphia Bar and Authority on Tariff, Says one Section is Robbing Another. Other Big Lecture and Musical Features.

The taxpaying American citizen is to be given some "startling facts" as to how his money is being spent by congress. These facts are to be brought out in an address on the first day of the Chautauqua by a member of the Philadelphia bar and a man of wide prominence in the lecture field. The lecturer is Lee Francis Lybarger, author of "Land, Labor and Wealth," a recognized authority on the tariff and a student of economic questions.

He will make the keynote speech of the Chautauqua and will sound a note of warning on what he terms the wastes of government expenditures by pork barrel legislation. His address will be entirely nonpartisan, and he makes it clear that he is not attacking any one man or set of men, but is after the methods by which the funds of the government are made subject to dishonest attacks.

"A congressman," he says, "is expected by his constituency to get as large a haul as possible, and the congressman's place is most secure who succeeds in procuring the largest appropriation of government money for lavish expenditure."

One Section Robs Another

"The result is that one section of the

country is robbing another."

Mr. Lybarger will recommend a remedy, for, he says, "I wouldn't tear a thing to pieces unless I could build it up better than it was."

The address of Mr. Lybarger is one in which the Chautauqua management itself has felt a keen interest. The general manager of the community Chautauquas, Mr. Loring J. Whiteside of New York City, says he wanted a man to go over this circuit and lecture on this subject, because he believes it is one of the most important issues before the American people.

"And I believe," he says, "that I have the best man in the country for this work. Lee Francis Lybarger is one of the ablest men in the Chautauqua lecture field and knows how to discuss a big question of this kind in a way that will make it of surprising interest to a large Chautauqua audience."

"Another thing that we have a decided interest in is to see a stronger community sentiment in American communities," Mr. Whiteside says. "The life of the nation depends to a large degree on the strength of the cities and towns of 20,000 and under. And the same community interest should be found in the larger towns and cities. So I have asked Mr. Lybarger to devote a generous part of his lecture to a discussion of community interests. His lecture subject is 'The Community Conscience.'"

Other Strong Features

This is one of the great number of strong features the Chautauqua is bringing. Mr. Lybarger will be here on the opening night. He will be preceded in the afternoon and in a prelude at night by the American Quartet and Clayton Conrad, cartoonist, and will be followed by a host of musical companies, lecturers and entertainers, among them Ole Theobald, wizard Norwegian violinist; Frederick Warde, the eminent Shakespearean actor; Andre Tridon, war correspondent; Victor's Florentine Band and Neapolitan Troubadours and a number of others.

The Chautauqua is coming here under the auspices of a local Chautauqua association, and season tickets are being sold by a committee of business men and others. These tickets admit to all the ten sessions and make the cost only a few cents a number. The programs will be held afternoons and evenings of five days in a large waterproof tent.

If you haven't bought tickets you should arrange to see one of the season ticket committee or any member of the association to-day. Any business man can direct you to those in charge of the sale of the tickets. A beautiful program booklet has been issued, which gives the full particulars of the Chautauqua's plans, and you can get one of these booklets in most any of the stores or banks or any business house.

The Chautauqua will begin August 5th.

FOR AUTOISTS.

How to Spare Your Tires When You Feel Like Speeding.

Rough streets tempt one to drive in car tracks. It is more comfortable for the passengers and may be economy to protect the car from bumps and vibration. The tires won't be injured noticeably by doing this occasionally—it is continued practice that shortens the mileage. Quite often the pavement along inside edges of rails is rough and may result in cuts to the rubber and bruises to the fabric. Driving over street car track switches at the pointed frogs may cut the tires seriously. Rails on hills are to be avoided as much as possible, as they usually have sharp, thin splinters on the edges, which are liable to cut or puncture the tires. Be careful when driving on wet rails. Quick twisting of the front wheels may result in accident from rear of car skidding sideways when leaving rails. Edges of the rails wear away the tread rubber and cause a sharp bending action of the fabric, which will usually develop breaks inside. It is just a matter of time until the rubber cover loosens underneath and the fabric weakens from moisture and decay. Later an unusual bump or shock may result in a blowout while running on a perfectly smooth street or road. It is careless, indeed, to spoil a tire in this manner when possible to secure so much more mileage from it if used correctly, or if reversed on the wheel—namely, the worn side turned toward the car. A competent workman can make satisfactory repairs if only the tread rubber be worn and the tire has not been neglected too long.

Oh, That's Different!

"Who was that chap who just said 'Hello' to you?"

"That's the man who does most of my bill collecting."

"He wasn't very respectful, considering that you are his boss."

"Who said I was his boss? That fellow is employed by my creditors."—Exchange.

STRICT QUARANTINE

ON POLIOMYELITIS

State Board of Health Bars Children From Greater New York

At the regular monthly meeting of the state board of health, held in Burlington Thursday afternoon, a strict quarantine was proclaimed for the purpose of protecting Vermont children from possible contact with infantile paralysis carried by children who are brought to Vermont from New York where an epidemic is raging. The following statement given out by the board explains itself:

Infantile paralysis (epidemic poliomyelitis) is prevailing to an unusual extent in the city of Greater New York.

Families in that city in which there are children will naturally take such children as far as possible into the country. The state of Vermont has unusual reasons for taking extraordinary precautions against this disease. Infantile paralysis is generally recognized as a contagious disease and one that may be spread innocently by persons who have no clinical symptoms, in other words, by "abortive cases" or "healthy carriers." The state board of health of this state deems it reasonable under the circumstances to make the following rules and regulations; therefore, under the authority of the Vermont statutes, the following rules and regulations are promulgated:

Visiting Children from New York to Be Reported

1. No child under the age of 15 years shall reside in this state for a period of more than 24 hours without being reported by an attendant, parent or guardian to the health officer of the town or city where such child is, provided such child has been in the city of Greater New York since the 20th of June, 1916.

2. It shall be the duty of every housekeeper, manager or proprietor of every hotel or boarding house where such child is domiciled, to immediately report such child, giving the name and age, to the health officer of his city or town.

3. Every such child shall be subjected to quarantine for a period of two weeks from the time such child was last in the city of Greater New York.

4. The health officer of every town and city to whom such a child is reported shall immediately serve a written notice upon the head of the family in which such child is; this written notice shall contain a copy of these regulations and an order signed by such health officer requiring such child to remain on the premises in which it is at that time for the specified time of two weeks after last leaving the city of Greater New York.

Must Spray Nose and Throat

5. Each health officer to which such child is reported shall require of the attendant, parent or guardian of such child, a certificate in writing, duly signed by a legal practitioner of medicine, certifying that the nose and throat of such child has been thoroughly washed with a solution of a teaspoonful of common salt in a pint of water, once a day for a period of three consecutive days, before the premises are released from quarantine.

6. No child under 15 years of age shall enter any house so quarantined.

7. A placard containing the word "quarantine" shall be sufficient evidence to all persons that the premises are quarantined for the purposes of these regulations.

Nothing in these regulations shall be construed to prevent other members of a household in which there is a child as above described, who has left the city of New York since June 20, 1916, from attending to their usual occupations.

The owners, managers or proprietors of hotels and boarding houses may place no restrictions on attendants or guests in their hotels or boarding houses further than the strict isolation of any children as above described from New York City, provided such children are isolated to the satisfaction of the local health officer and their noses and throats irrigated as specified.

Each health officer will see that a copy of these regulations, with which he is furnished, is conspicuously displayed in at least three public places in his town or city.

These rules and regulations shall remain in force until further notice.

Antlers of the Bull Moose.

The bull moose sheds his huge antlers in midwinter. They begin to grow afresh in April. In three months the antlers are finished and the velvet begins to shed off, showing the white bony structure below. By September the antlers are surrounded by a deep brown, except the tips, which are white and polished from rubbing them on the brush and trees.—Kansas City Times.